Mental Health Tip

4. The right to set your priorities.

opinions.

Everyone's Bill of Rights

1.The right to be treated with respect. This is the most basic of our personal rights. But we can't expect to be treated with respect unless we believe we deserve it.

Once we start respecting ourselves, it is surprising how quickly others begin to respond.

2. The right to have and express your own feelings and

3. The right to be listened to and taken seriously.

8. The right to ask for information from professionals.

There are lots of other rights you might want to think about:

the right to change your mind, to say, "I don't know the answer," to say, "I need some time to think that over." You might want to add these to your own bill of rights.

NPPC initiates rulemaking

The Northwest Power Planning a draft rule on these issues. That

draft will be circulated in Septem-

ber for 30 days of additional com-

ment and public hearings. Com-

ment will close on October 26. The

Council expects to make its deci-

After conclusion of this rule-

making, the Council intends to

begin deliberations on the inte-

grated system plan and all other

salmon and steelhead amendments

to the fish and wildlife program

received by August 9, 1991. By law,

this rulemaking must be concluded

no later than August 9, 1992--one

year from the date proposals were

submitted. However, the Council

intends to proceed more quickly if

possible, adopting measures into

the program as early as spring

Participation in these important

sion in November.

5. The right to say no without feeling guilty.

10. The right to choose not to assert yourself.

6. The right to ask for what you want.

7. The right to get what you pay for.

9. The right to make mistakes.

Council has initiated rulemaking

to amend its Columbia River Basin

Fish and Wildlife Program to put

in place a long-term program

aimed at rehabilitating the salmon

and steelhead runs of the Colum-

bia River. This is an effort to build

on the recently concluded Salmon

on high priority habitat and pro-

duction proposals in May. Com-

ment in this rulemaking will con-

clude on July 19, and the Council

expects to decide on the proposals

Immediately thereafter, the

Council will proceed to consider

proposals on mainstem survival,

harvest and additional production

issues. This phase of rulemaking

will run from August until No-

at its August Council meeting.

The Council entered rulemaking

Summit.

Wright retires as superintendent

ences.

The Jefferson County 509-J School District will have a new

superintendent September 1 follow-

ing the recent resignation of super-intendent Darrell Wright. Wright

submitted his resignatio to school

baord members July 22. Taking his

place will be current assistant super-

Wright cited the need for "change"

in his personal life and in the dis-

trict as primary reasons for his

retirement. "I need change and change in leadership would be pos-

Wright began working in the Madras area school district 34 years

ago as a music teacher. He worked

his way up through the ranks, serv-

ing as vice-principal, principal and

In his letter, superintendent

intendent Phil Riley.

itive," he wrote.



William Yubeta, age 41, was involved in an accident July 17, 1991. The accident occured approximately 20 miles west of Warm Springs. Yebeta was driving a Warm Springs Forest Products Industries water truck. Yubeta was taken to St. Charles Hospital in Bend with multiple injuries.

Sign up now for Head Start

Registration for the Warm Springs Headstart Program is now taking place for the 1991-92 school year. Eligible participants include all children living on the Warm Springs Reservation who will turn three years of age on or before September 1, 1991

Those children who were in either headstart or tribal preschool during the 1990-91 school year; need to update your childs current files. For incoming 3 and 4 year olds who were not previously in one of these programs must have a registration packet filled out. If your child has not had a physical examination, this must also be

In order to schedule an appointment for either registration or updating files, please call 553-3241 or check in at the Headstart office in the Community Center. Registration will continue through the end

assistant superintendent. He be-

employment," he wrote. But "en-thusiasm for the work of being a

his retirement. "It is time to pro-

vide direct support to my spouse,

Geneva, in her music career. She

has supported me for 34 yeas, and

now it is her turn to have some

freedom to choose growth experi-

challenges and opportunities being

presented to schools by the public

"There are many exciting new

"It's difficult to end a 34-year

Wright noted three reasons for

came superintendent in 1977.

superintendent has waned."

The Old Days

Warm Springs Boarding School, Oregon. Report of Horace G. Wilson, Supervisor March 24, 1913. Section 12.

Returned Students:

There are about 20 returned students on this reservation. No record has been kept of the returned students and it was impossible to get much information concerning them. I met several of them, however, and all agreed to be doing fairly well and were working. The Superintendent was requested to prepare and keep a record of returned students.

Public Schools:

There are no public schools on this reservation and none of the pupils attend any public schools off the reservation. Very respectfully,

HGW/P.

Supervisor.

Class rooms are heated by wood stoves. An electric lighting system is used. The enrollment of the school is 102, 50 boys and 52 girls. The matron supervises the correspondence of the girls. No school census has been made recently; the superintendents attention was called to this and he promised to have a school census made.

Very respectfully,

HGW/P.

Supervisor.

Don't leave children in car

Summer is here and so is hot the summer, so please don't leave weather. Please remember to not leave your children in the car while you do errands. This precaution is especially important for fragile infants as they can dehydrate very

your children in a hot car either.

This message is brought to you by the Jefferson County Council on Child Abuse Prevention. People working to keep families to-

and the Oregon legislature. These new changes require leadership." In closing, Wright wrote, "The quickly. You wouldn't leave a cassette tape on the dash board in continued on page 8

overwhelming, recycling encouraged Nation's trash The U.S. isn't called the throwaway society for nothing. Chicago alone creates more than 7500 tons of garbage every day. New York City produces more than 25,000, and Los Angeles County, more than 50,000. On the average, each person in America generates more energy than 4 pounds of trash each day-

twice as much as people in most other industrialized countries. If you were to pick through this trash, you'd find the usual apple cores and crumpled paper. But you'd also find things that people at one time didn't throw awaysuch as beverage containers, diapers, and yard waste. And you'd find all kinds of plastic packaging and plastic products, as well as a toxic nightmare of pesticides, motor oil, drain cleaners, paint removers, and other poisonous sub-

Our "trash habit" is causing serious problems. For one thing, we're running out of places to put our waste. Landfills are overflowing and closing down. Incinerating trash causes serious air pollution problems and creates hard-to-dispose-of, contaminated ash. And This logo indicates the the trash we dump in oceans, lakes, and rivers, and on land is coming back to haunt us: Medical waste is

washing up on beaches, plastic waste is strangling and trapping wildlife, and toxic waste is contaminating our water supplies. We're also tossing away valuable resources, such as aluminum, petroleum, and wood. And we're wasting

Here's what you can do to slash

your trash: 1. Recycle your paper, metal, plastic, and glass. Check with your local department of solid waste for the locations of recycling centers in your area. Or call the Environmental Defense Fund Hotline at centers closest to you, the EPA's RCRA Superfund Hotline at 800- buy over-packaged products. 424-9346 (in Washington, DC, 382-3000) for state recycling offices and the Reynolds Aluminum Recycling Hotline at 800-228-2525 for information about aluminum re-

2. Buy recycled and recyclable products.Look for this logo:

cycling in your area.

item is made from

recycled materials

3. Encourage schools, business- don't have a canvas bag with you es, and employers to purchase recycled paper products. One of the greatest barriers to recycling is that there is not enough demand for recycled products. 4. Write letters to state and

age them to use recycled paper and utensils. And take a mug to products. The U.S. government is work so you don't throw away a one of the biggest paper users in the

5. Encourage your local newspaper to use recycled newsprint.

6. Don't buy goods over-packaged with paper, plastic, plastic ies. 800-225-5333 for a free recycling foam, or other materials. Write booklet that lists the five recycling letters to retailers and manufactur- of throwing grass clippings, leaves, ers explaining why vou refuse

. Make the switch from disposable diapers to a cloth diaper and a number of free publications; service. Disposable diapers waste resources, contaminate landfills with human waste, and take up valuable landfill space. Besides, cloth diapers are cheaper!

8. Buy eggs that are packaged in cardboard instead of plastic foam. tles, not plastic containers.

9. Use your own sturdy canvas toxic materials. bags whenever vou shop. If you

and you have an option, ask for paper over plastic bags and reuse them. And encourage your grocer to use bags made of sturdy, recycled paper. 10. Use reusable tableware in-

national governments to encour- stead of disposable plates, cups, coffee cup every day.

11. Avoid one-use consumer items such as disposable razors, cigarette lighters, flashlights, cameras, and non-rechargeable batter-

12. Make a compost pile instead e in the trash. After the leaves, food, and grass decompose, you can use the compost as fertilizer for your garden.

13. Buy non-perishable products in large quantities or in bulk. Products sold in small, individual units use far more packaging material and are more expensive.

14. Be careful about buying plastic products labeled "degrada-And buy soft drinks in glass bot- ble." Many break down only in sunlight and some break down into

Schedule for Council Deliberations on Priority Habitat and Production Proposals

Schedule for Council Deliberations on

Mainstem Survival, Production and Harvest Issues

vember. Proposals are due by deliberations is encouraged. The

August 9, 1991. Following that following schedule will help citi-

comment, the Council will develop zens join in the process.

Council Entered Rulemaking Public Hearings and Consultations Close of Public Comment Council Deliberation and Decision

Program Amendment Proposals Due

Consultation and Public Comment

on Proposals

Proposals Circulated for Public Review

Close of Public Comment on Proposals

Consultation at Council Working Session

Consultation at Council Working Session Close of Public Comment on Draft

Council Draft Amendment Document

Circulated for Public Review

Hearings in Four States

Amendment Document

at Council Meeting

Council Meeting

Public Review, Consultation and

Council Discussions and Decision

Special Council Meeting (if necessary)

May 1991 June-July July 19, 1991 August 14-15, 1991

August 9, 1991

September 12

September 10-12

Council Meeting

Coeur d'Alene, Id.

August 12-

Holiday Inn

September 12

September 24-26

September 26-

October 26

Sept.—Oct.

October 8-10

Richland, WA

Hanford House

November 13-14

Helena, Montana

November 25-26

October 22-24

October 26

Portland, Oregon

reduce toxic waste: 1. Before purchasing any house-

hold or gardening products, read the ingredients and check for warnings. Use the least toxic materials

such as paint, cleaning solvents, and other household products, buy only as much as you think you'll use-avoid leftovers.

the gutter, down sewer drains, or on the ground.

4. Support and participate in community programs for safe collection and disposal of household hazardous waste. Call the EPA's RCRA Superfund Hotline at 800-424-9346 (in Washington, DC, 382-3000) for the phone numbers of state officials who can help you plan a hazardous-waste disposal

Here's what you can do to recycling center. Many gas stations FAST FACTS and repair shops also recycle oil. (For more information, check with your local or state department of consumer affairs or solid waste.)

6. Pull weeds instead of using herbicides. And use mulch to 2. When purchasing products discourage weeds from growing in that contain harmful chemicals, the first place. (Check with a local nursery about the best type of mulch to use.)

7. Use alternatives to pesticides in your yard or your house. For 3. Dispose of hazardous chemi- instance, use nontoxic soap sprays cals correctly. Don't pour them in that kill insects, or put out insect traps that use natural attractants. And instead of using commercial insecticides to kill cockroaches, try boric acid. Use a dust bulb to inject boric acid dust into out-of-the-way crevices where roaches live. Although boric acid has a low toxicity-about the same as aspirinyou should still use it carefully. Wear gloves and a filter mask when injecting the dust, and apply it only in areas where children and pets 5. Take used motor oil to an oil can't reach.

Reduce hazards of toxic waste by proper disposal

 About 80% of what Americans throw away is recyclable, yet we recycle less than 10%.

landfill space, 2 barrels of oil, 7000 during the 1989 Alaska oil spill. gy to power the average American only a tiny percentage of them. 60 pounds of pollution from being completely dispersed, can contamspewed into the air.

 Recycling aluminum cans uses gallons of drinking water. only 5% of the energy required to • Through recycling, 2.5 quarts of make new ones.

cycled back into glass containers.

Twenty-eight million tons of yard waste are dumped in landfills each year. This adds up to almost 20% of all landfill trash.

Boston to Los Angeles.

• The amount of used, non-recycled motor oil that is dumped in the U.S. each year constitutes 10- Recycling I ton of paper saves 20 times the amount that leaked about 17 trees, 3 cubic yeards of from the Exxon Valdez oil tanker

gallons of water, and 4100 kilowatt • Americans use 2.5 million plashours of electricity-enough ener- tic bottles every hour and recycle home for 5 months. It also prevents • One quart of motor oil, when

inate as much as two million

new" motor oil can be extracted Only one-fourth of all bottles from I gallon of used oil. (It takes manufactured in the U.S. are re- abut 42 gallons of virgin oil to

make 2.5 quarts of motor oil.) • The U.S. is producing over 300 grass clipping, leaves, and other million tons of toxic waste each

year. That's more than I ton of toxic waste for every man, woman, and child. The solid waste generated in the • Suburban homeowners use 5-10

U.S. in one year could pave a pounds of pesticide per acrehighway 24 lanes wide and I foot |-that's about 10 times more deep that would stretch from chemicals per acre than farmers

COCC planning culinary, hospitality program

An effort to provide the local culinary industry with competent, well-trained employees has been undertaken by Central Oregon Community College, the Deschutes County Education Service District, and local businesses.

Still in the planning stages, the Central Oregon Regional Culinary and Hospitality Program will provide students with three to 12 months training. The program is designed to operate out of a commercial facility and provides for work experience placements in

local food service establishments. A planning committee, drawn

from local businesses, COCC and ESD, sent a survey to over 250 area businesses in early July. The survey seeks to identify the industry's need for competent workers and will gage industry interest in the proposed program.

"Business response to the survey is pivotal to any further planning, said Marilyn Davis, associate dean of professional-technical programs at COCC. "The information we receive through the survey will determine if the program can be successful.

The primary feature of the program is the proposed non-profit

commercial establishment, which will offset the costs for staff, materials and supplies. In this effort between education and industry, members of the local culinary industry will be designing the facility and donating some of the equipment. The planning committee will seek support from local industry through partnership agreements with individual businesses. Grants and fund-raising projects will be used to provide start-up working capital.

The curriculum is divided into three and six month sections, providing multiple entry and exit

points in order to accomodate industry student needs. A one-year certificate will be offered by COCC. Initial enrollment is expected to be between 15 and 25 students.

Members of the planning committee include: Alan Cox, Stuft Pizza: Vern Liebelt and Julian Darwin, LeBistro; Robert Benton, Inn of the Seventh Mountain; Meg Wujack, catering chef; Tom Wiedeman, Deschutes Education Service District; and Tim Hill and Marilyn Davis, COCC.

For more information contact Marilyn Davis, COCC, 385-5501, or Tim Wiedeman at 382-3171.

Schedule for Council Deliberations on All Anadromous Fisheries and System Planning Issues in Columbia River Basin Fish and Wildlife Program

Program Amendment Proposals Due Hearings and Consultations Council Draft Amendment Document Public Hearings and Consultation on Draft Amendment Document Council Deliberations and Decision

August 9, 1991 Late 1991 Early 1992 Early 1992

Spring 1992